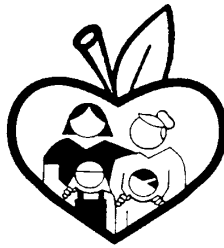


# Iowa Child and Adult Care Food Program



## Snack Ideas:

Surprise Muffin Milk	Waffle Square Strawberries Water	Graham Crackers Apricots Water
Soft Pretzels Pears	Apple Smiles Milk	Fresh Fruit Kabobs Cheese Sticks
Pita Bread Tuna Salad Water	Cornbread Milk	Fresh Peach Slices Cottage Cheese
Banana Bread Orange Juice	Round Crackers Cheese Circles Water	Whole Wheat Toast Triangles Milk
Melon Salad Crackers	Baked Potato with Toppings Milk	Orange Slices Milk
Spaghetti with Parmesan Cheese Milk	Tortilla Wraps Steamed Vegetables (Broccoli, Carrots, Cauliflower, Green Peppers) Water	Vegetable Soup Oyster Crackers
Grilled Cheese Sandwich Water	Flower Biscuits Orange Juice	Space Ship Salad (Pineapple ring, ½ Banana) Cottage Cheese Water
Summer Vegetable Plate (Cauliflower, Broccoli, Baby Carrots) Cottage Cheese Dip Milk	Make a Sandwich (Toppings and Different Kinds of Breads) Milk	Fruit Plate (Kiwi Quarters, Bananas Chunks, Apple Rings, Orange Wheels, Nectarines) Cheese Chunks Milk
Tangerines Milk	Pancake Roll-ups Fresh Fruit Pieces	Hash Browns Shredded Cheese Water
Bananas Cinnamon Raisin Toast Water	Bagels and Toppings Fresh Pear Slices Water	Make a Face Pizza (English Muffin) Milk
Child-made Bread Shapes (Frozen Bread Dough) 100% Berry Juice	Grapes/Banana Slices Pinwheel Sandwiches Water	French Toast Applesauce
Homemade Cinnamon Rolls Milk	Peanut Butter Sandwich (Whole Wheat Bread) Water	Fruit Muffin Grape Juice
The Usual Vegetable Plate (Carrots, Celery, Cucumbers) Peanut Butter Dip Milk	Cereal Mix Milk	Scrambled Eggs Toast Water
Apple Juice Pumpkin Bread	Animal Crackers Low-fat Flavored Yogurt	Mandarin Oranges Whole Wheat Bread Sticks Water
Blueberry Muffins Milk	Ham and Cheese Sticks Pineapple Chunks Water	Cinnamon Raisin Pretzels Orange Juice